Rockin' cabbage rolls

Orzo replaces rice to add extra dimension to this dish PAGE 14

PAGING DR. GUPTA

WAIT, DOCTORS AREN'T PERFECT? CNN'S IN-HOUSE NEUROSURGEON TAKES VIEWERS BEHIND THE SCENES IN HIS NEW TV DRAMA PAGE 13

REGINA metro®

Tuesday, February 26, 2013

News worth sharing.

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Talk about a 'CAN'-DO ATTITUDE

Leslie Toppings and her SaskEnergy/TransGas colleagues designed and built a sculpture completely from cans as part of the international Canstruction competition. Four teams are competing, three at Cornwall Centre and one at Northgate Mall, to help raise awareness and donations for the Regina Food Bank. ALYSSA MCDONALD/METRO

Sad statistic for province

Assault. Sask. has highest rate of violence against women in Canada, at twice the national average: StatsCan report

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Saskatchewan has the highest provincial rate of violence against women, according to a Statistics Canada report released on Monday.

The rate of violence against women in the province is twice the national average, at 2,681 per 100,000 women. Manitoba trails closely at 2,191, still well above the national average of 1,207 per 100,000 women.

Diane Delaney, co-ordinator of the Provincial Association of Transition Houses and Services of Saskatchewan (PATHS), says it's difficult to pinpoint just one cause of the high level of violence in the province, but the focus should be on finding solutions.

"It's not OK just to let things go. We need to look at this critically and think about what we are going to do to make this better. No one wants to live in a violent society," said Delaney.

The report claims women were 11 times more likely than men to be a victim of sexual assault.

Through PATHS — an umbrella organization with 19 member agencies running 23 emergency shelters, counselling and support centres across the province — Delaney is currently involved in several studies looking at the root of violence against women, especially in smaller Saskatchewan communities.

"We also need to look at overall economic inequality because we know that in a community or a society that has more inequality, there are higher rates of violence," said Delaney.

By the numbers

The Statistics Canada report looked at more than 170,000 reports of physical and sexual assault against women over the age of 15 in 2011, including 11,000 assaults that took place in Saskatchewan.

Crash course

How does one prepare for barrelling down an obstacle-filled ice track? A local Crashed Ice competitor says it's as much mind as it is matter PAGE 3

Syrian regime ready to talk

A willingness to talk to rebels may be a sign of hope in the embattled country PAGE 4

Still stings

John Farrell left Toronto for his dream team, and Jays fans showed at a spring training game that they're still kinda sore about it PAGE 17

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Sask. local readies for next Crashed Ice race

Extreme sports.
Québec City next stop for downhill ice-cross athletes

MORGAN MODJESKI
Metro in Saskatoon

One of the Saskatchewan locals competing on the Red Bull Crashed Ice circuit says she's already preparing for her next bout in Quebec City on March 16.

Danielle Bergen, who finished second in the women's Crashed Ice circuit held in Niagara Falls, Ont., on Dec. 1, 2012, said she's excited to get back on the ice, but added she won't let her solid showing at the Niagara event go to her head.

"Right now, a lot of it is mental preparation," said Bergen. "I did claim second place in Niagara Falls, so that's a huge milestone for me … but I shouldn't go up there with my nose up in the air — 'Oh, I got second place,' — but go there with a humble attitude knowing that I'm racing against the top 16 girls in the world."

Bergen said alongside her mental prep, she's also working on her physical training, adding she's been skating, running and working out as much as her busy schedule allows her.

She explained, at the moment athletes don't have much info about the track they'll be barreling down come March, but said she's thankful for the opportunities the sport, known now as downhill ice-cross, has presented her.

"I've played hockey since I was knee-high and all through it, everyone commented, 'You're a fast skater, you're good on your feet' … and I ended up not being able to finish out my midget hockey season because of one too many concussions," said Bergen. "So being able to be on the Red Bull Crashed Ice women's circuit and be doing as well as I did — I'm just feeling blessed beyond words can describe."

Danielle Bergen poses with her second-place medal in 2012. The Saskatchewan native says she's already preparing for her next races at Red Bull Crashed Ice, which is coming up in March in Québec City. CONTRIBUTED

Gangs using social media to recruit members

A member of the Saskatoon Police Service speaks with children.
MORGAN MODJESKI/METRO IN SASKATOON

Gangs may be trying to recruit your son or daughter — through Facebook.

Early next month, the Canadian Safe School Network will be holding its eighth annual Saskatchewan Safe Schools conference in Saskatoon and organizers say they'll be addressing a number of issues including the practice of "net banging."

Dave Fraser, director of special projects and social media with the Canadian Safe School Network, said the practice is becoming more common in Canadian schools as some gang members are going online to find new members.

"They've adapted," said Fraser. "Gang members are not stupid people, they are intelligent, manipulative and resourceful people who have been using social media to identify and recruit people into gang activity."

He continued, "Whether it be through photos or intimidating messages, that kind of thing, it's an interesting development that we've been learning a lot about in the last 24 months."

Fraser said gang members use social media in a number of ways and will peruse sites like Facebook and Twitter looking for people who display characteristics that would make them vulnerable to join.

He explained one of the best ways to prevent your child from becoming the target of recruitment through social media is to be aware of what their children are doing on the Internet.

"It really circles back to a lot of the education we do and that other people do about cyber safety in general and being really aware about how much of your personal self and your personal life you're putting on the Internet," he said. "Once it's there, it's there and most people under 17, 18 years old, their not really thinking about the possibility that somebody is creeping them online."

MORGAN MODJESKI/METRO IN SASKATOON

Safe Schools conference

The Saskatchewan Safe Schools conference runs from March 7 to 8.

Cannibalism. NYC jury to decide if alleged plot was real or sick fantasy

The estranged wife of a police officer struggled to keep her composure Monday as she testified about discovering shocking online chats and other evidence on his computer showing he had discussed killing her and abducting, torturing and eating other women.

The drama came on the first day of testimony at the closely watched trial of the 28-year-old Gilberto Valle, dubbed the "Cannibal Cop" by city tabloids.

Valle is accused of conspiracy to kidnap a woman and unauthorized use of a law enforcement database that prosecutors say he used to help build a list of potential targets. A conviction on the kidnapping count carries a possible life sentence.

The officer has claimed his online discussions of cannibalism were harmless fetish fantasies. But in opening statements Monday, a prosecutor said "very real women" were put in jeopardy.

"Make no mistake," U.S. assistant attorney Randall Jackson told a jury. "Gilberto Valle was very serious about these plans."

THE ASSOCIATED PRESS

Census research

U.S. dropping use of term 'Negro'

After more than a century, the U.S. Census Bureau is dropping its use of the word "Negro" to describe black Americans in surveys.

Instead of the term that came into use during the era of racial segregation, census forms will use the more modern labels "black" or "African-American."

Nicholas Jones, chief of the bureau's racial statistics branch, pointed to months of public feedback and census research that concluded few black Americans still identify with being Negro and many view the term as "offensive and outdated."

The change will take effect next year.

THE ASSOCIATED PRESS

Prosecutors seek trial for Concordia captain

Deadly shipwreck.
Captain depicts himself as a hero, while cruise company lays blame on human error

The cruise ship Costa Concordia leaning on its side near the shore of the Tuscan island of Giglio, Italy.

PAOLO SANTALUCIA/THE ASSOCIATED PRESS FILE

Italian prosecutors on Monday officially requested an indictment of the Costa Concordia's captain on manslaughter charges in the shipwreck of the cruise liner that killed 32 people last year off the Tuscan coast.

Prosecutors based in Grosseto, Tuscany, also are seeking a trial for Francesco Schettino, the captain of the luxury cruise liner, on charges of causing a shipwreck and abandoning the vessel during the frantic and confused evacuation of passengers and crew.

The Concordia was conducting a publicity stunt off the coast of tiny Giglio island the night of Jan. 13, 2012, prosecutors say, when it slammed into a jagged reef, which speared the ship and left a 70-metre-long gash in the hull. The cruise liner quickly took on water and capsized, ending on its side near the island's port.

Prosecutors also requested the indictment of five other crew members, including two other officers on the bridge. The proposed charges against them vary, but all are accused of manslaughter.

Schettino has tried to depict himself as a hero, claiming it was his deft steering after the collision that allowed the ship to move closer to the port and help save lives.

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Syria ready to talk with armed rebel fighters

Syria said Monday it is prepared to hold talks with the armed rebels bent on overthrowing President Bashar Assad, the clearest signal yet that the regime is growing increasingly nervous about its long-term prospects to hold onto power as opposition fighters make slow but persistent headway in the civil war.

The offer, by Syrian Foreign Minister Walid al-Moallem during a visit to Moscow, came hours before residents of Damascus and state-run TV reported a huge explosion in the capital, followed by gunfire.

The proposal marked the first time that a high-ranking regime official has stated publicly that Damascus would be willing to meet with the armed opposition.

But al-Moallem did not spell out whether rebels would first have to lay down their weapons before negotiations could begin — a crucial sticking point in past negotiations.

The regime's proposal is unlikely to lead to talks. The rebels battling the Syrian military have vowed to stop at nothing less than Assad's downfall and are unlikely to agree to sit down with a leader they accuse of mass atrocities.

But the timing of the proposal suggests the regime is warming to the idea of a settlement as it struggles to hold territory and claw back ground it has lost to the rebels in the nearly two-year-old conflict.

Monday's offer to negotiate with the armed opposition — those whom Assad referred to only in January as "murderous criminals" — reflects the regime's realization that in the long run, its chances of keeping its grip on power are slim.

THE ASSOCIATED PRESS

A Syrian woman walks past a house destroyed by a government airstrike at Jabal al-Zaweya village in Syria on Monday. Syria is ready to hold talks with the armed opposition trying to topple President Bashar Assad.

HUSSEIN MALLA/THE ASSOCIATED PRESS

A sign of weakness

Andrew Tabler, a fellow at the Washington Institute, called the government's offer a sign of weakness. "I think everybody knows, including Bashar Assad, that they (the regime) can't hang onto the whole country," he said.

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Ashley Smith. Teenage inmate a terror in prison, ex-warden tells inquest

Prison authorities "underestimated" how disruptive teenage inmate Ashley Smith could be before she arrived, an inquest into her death heard Monday.

Alfred Legere, former warden of the Nova Institution for Women in Truro, N.S., testified that Smith began causing problems almost immediately.

Her self-harming reputation preceded her. Unusually, she was placed immediately on arrival at Nova in segregation.

Ashley Smith in an undated photo
HANDOUT/THE CANADIAN PRESS

Among other things, Smith smeared herself with excrement and threw feces at guards. She trashed two segregation cells by breaking sprinkler heads, windows and cameras.

Prison authorities, among them mental-health professionals, drew up a plan that included withdrawing warmth and giving her the silent treatment if she acted out.

Ultimately, the decision was made to move her to the Regional Psychiatric Centre in Saskatoon.

Before Smith would return to Nova, the facility requested another $88,242 from Ottawa for extra resources to help deal with her.

Her already disruptive behaviour took a drastic turn for the worse after she witnessed a hostage-taking by an inmate, Legere said.

He even felt compelled for the first time to have Smith placed in a restraint chair.

"I thought she was going to kill herself by banging her head on the floor," Legere testified. "There was blood."

THE CANADIAN PRESS

Language law. 'Pastagate' pushes Quebec to review its pro-French regulations

The Quebec government is re-examining how it handles violations of the province's language law after widespread news coverage of an overzealous employee reprimanding an Italian restaurant for having too much Italian on its menu.

The so-called Pastagate story received 60 times more coverage outside the province than a recent trip in which Premier Pauline Marois sought more foreign investment, according to a media-analysis company.

While most were in Canada, Pastagate was chronicled in 350 articles in 14 countries, as far away as Australia, when it broke last week.

Diane De Courcy, the minister responsible for Quebec's Charter of the French Language, announced an internal review Monday aimed at improving the Office quebecois de la langue francaise.

THE CANADIAN PRESS

Justice department

Probe expanded into lost data key

An investigation into the federal government's loss of personal information on more than 5,000 Canadians has widened to include the Justice Department.

The loss of a data key containing information connected to disability benefits was thought to involve only Human Resources and Development Canada, which administers the program.

The idea that justice officials were looking at people's medical files raises questions about government intentions, said a lawyer involved in a class-action suit. THE CANADIAN PRESS

Quebec tuition

Maple Spring may win deep discount

Quebec students who staged a dramatic series of protests last spring could see a roughly 80 per cent discount on planned tuition hikes.

The Parti Quebecois government has tabled its plan for tuition increases during a high-security summit. The plan involves indexing university tuition by three per cent a year, which amounts to about $70 annually — sharply lower than the $325 yearly hikes sought by the previous Liberal government.

THE CANADIAN PRESS

Ten-month-old Mylee stands in her crib as her brother sits on a temporary cot in their home in Attawapiskat, Ont., in December 2011. There are no plumbing or sanitary facilities in their residence. FRANK GUNN/THE CANADIAN PRESS FILE

Child-welfare crisis as bad as residential schools: AFN chief

Human Rights Tribunal. Shawn Atleo says under-funding tearing kids from homes

Old wounds

"Our children keep being taken away from First Nation families on reserve perhaps in even greater numbers today than during the residential-school era."

Shawn Atleo, national chief of the Assembly of First Nations

Systematic under-funding of child-welfare services on reserves means First Nations children today are essentially re-living the residential school nightmare that brought Canada so much shame, says the national chief of the country's largest aboriginal group.

Shawn Atleo of the Assembly of First Nations (AFN) told the Canadian Human Rights Tribunal on Monday that many reserves don't have the resources to keep children safe when their families are struggling.

Instead, the children are being sent into institutional care by the thousands, he said.

While exact totals are impossible to come by, the AFN and experts estimate there are at least 27,000 aboriginal children who have been removed from their immediate families. That's easily double the number forced into residential schools in the late '40s and '50s.

"The removal appears not (to) be driven directly by an intention 'to kill the Indian in the child' but the consequences are nonetheless the same," he said.

Families are falling apart, communities are losing their culture, youth are going to jail and the cycle of poverty is well entrenched, said Atleo.

The AFN and the First Nations Child and Family Caring Society started legal action in 2007, arguing that child-welfare services on reserves received 22 per cent less funding, though the need was far greater.

Federal officials argue that funding has risen by 25 per cent since 2007 to $618 million in the 2011-12 fiscal year.

THE CANADIAN PRESS

Feds taken to court over refugee health care

The lives of thousands of refugee claimants in Canada are being jeopardized by a federal policy that is unconstitutional, says a group of doctors and lawyers taking the government to court.

Canadian Doctors for Refugee Care and the Canadian Association of Refugee Lawyers launched a court challenge Monday over last year's changes to health-care coverage.

Immigration Minister Jason Kenney dismissed the claims of "militant leftists" after question period on Monday.

"We have no ... obligation to give taxpayer services to bogus asylum seekers, rejected claimants — people who are effectively illegal migrants."

Up until June 30, 2012, the federal government covered the costs of medical care for claimants until provincial coverage kicked in or after their claims had been rejected.

But the government put an end to almost all supplemental health-care benefits, slashing coverage in some cases to care only when it was a public health emergency.

The changes depend on whether the claimant comes from a country deemed "safe" and where it is less likely someone will be persecuted.

THE CANADIAN PRESS

Economy. Exports drag down BoC's outlook

The country's economic growth is facing another set of challenges, and weakness in exports is weighing particularly heavy on the Bank of Canada's outlook, governor Mark Carney said Monday.

"In the very near term, more of the elements of the downside risk have materialized than the upside risks," Carney said. He made the comments following disappointing economic data last week that showed inflation at its lowest point in more than three years and a holiday shopping season that fell short of expectations.

THE CANADIAN PRESS

Bank of Canada governor Mark Carney speaks at the Richard Ivey School of Business in London, Ont., Monday.
THE CANADIAN PRESS

Don't try the Swedish meatballs: Ikea caught up in horsemeat scandal

Carpe equus. Popular frozen food item pulled off shelves in at least 15 European countries

JESSICA CARLESON
Metro World News in Stockholm

Europe's ongoing horsemeat scandal has claimed another victim as Swedish retail giant Ikea was forced to withdraw meatballs from sale in at least 15 countries.

The retailer's announcement came after authorities in the Czech Republic found traces of horsemeat in an affected batch made in Sweden. The Czech State Veterinary Administration said horsemeat had been found in one-kilogram packs of meatballs, which were shipped to the Czech Republic for sale. A total of 760 kilograms of the meatballs were affected.

In this photo taken Monday, billboards for Ikea meatballs are taken down in the parking lot of an Ikea store in Stockholm, Sweden. The Swedish furniture giant was drawn into Europe's widening food labelling scandal after authorities in the Czech Republic detected horsemeat in frozen meatballs that were labelled as beef and pork and sold in countries across Europe. JESSICA GOW/THE ASSOCIATED PRESS

Meatballs from the same batch have been withdrawn from more than a dozen more countries. "We take this very seriously and have withdrawn one-kilo bags of frozen meatballs from Slovakia, the Czech Republic, Hungary, France, Britain, Portugal, Italy, the Netherlands, Belgium, Spain, Cyprus, Greece and Ireland," in addition to Sweden and Czech Republic, Ikea spokeswoman Ylva Magnusson said.

The product had also been removed from shelves in Denmark, according to Dorte Hjorth Harder, spokeswoman for Ikea Denmark.

Gunnar Dafgard, the supplier of the meatballs, is located in southwestern Sweden and was holding crisis meetings Monday. In a written statement, it said that "the shipment in question has been stopped and we are investigating the situation." The company added that it was performing its own DNA tests on the batch.

The news came as European Union ministers were meeting in Brussels to discuss how to contain the spiralling scandal, which broke out in January when horse DNA was found in beef burgers in Britain and Ireland.

Greenhouse gases

New rules aim to cut truck emissions

The federal government says new regulations for heavy-duty trucks will cut greenhouse-gas emissions and give truckers a break on fuel costs to boot.

The Environment Department says the regulations will be phased in between now and the 2018 model year, and will produce a cumulative reduction of 19.1 megatonnes of greenhouse emissions over the life of 2014 to 2018 model year vehicles.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.31¢ (-0.65¢)

TSX 12,650.87 (-50.76)

OIL $93.11 US (-2¢)

GOLD $1,586.60 US (+$13.80)

Natural gas: $3.42 (+13¢)
Dow Jones: 13,784.17 (-216.40)

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ARE YOU HAVING ENOUGH SEX?

SHE SAYS...
Jessica Napier
metronews.ca

I know plenty of young attractive couples that just aren't having sex that often. While we might be in the so-called sexual prime of our lives, we're also busy millennials struggling to pay bills in a less-than-kind job market. We work odd hours, live with our parents, watch Netflix in the bedroom and do lots of other things that aren't conducive to getting busy on the regular. But I also think that many of us aren't trying hard enough.

Victoria's Secret's presence across North American shopping malls makes racy lingerie about as ubiquitous as Cinnabon. And yet, how many of us actually bother with titillating sleepwear other than on Valentine's Day and anniversaries? I recently discovered that a dear friend of mine is the proud owner of a knee-length, long-sleeved, Owl-print nightshirt. I love her and I'm sure it's seriously comfortable but flannel in the bedroom is the opposite of arousing.

Less isn't more

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less.

Of course, it isn't really so much about what you wear but what you know. Since formal sexual education is predominantly based on a what-not-to-do curriculum, most of us rely on the Internet and our friends to expand our repertoire of sexual knowledge. But perhaps we should be talking about it even more, not in a contrived Sex-and-the-City way over cosmopolitans but in a real and honest way. Engaging in open communication with friends about your sex life might inspire you to try something new or make you realize what you're missing out on. And while comparing bedpost notches might feel competitive, it also gives us a broader frame of reference for understanding our own sexual behaviour and desires.

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less. With the average between-the-sheets session lasting a mere six minutes, I'm willing to bet that most of us spend more time each day waiting for the bus or standing in line at Starbucks than we do being intimate with our partners.

I know sex isn't everything but it is a significant part of a healthy and satisfying romantic relationship. This is our time folks; one day there will be mortgages and babies and elderly parents to deal with and we will enter the very unsexy years. So for now, let's banish the unflattering nightgowns from the bedroom and put in the effort to start doing it more and doing it well.

Follow Jessica Napier on Twitter @MetroSheSays

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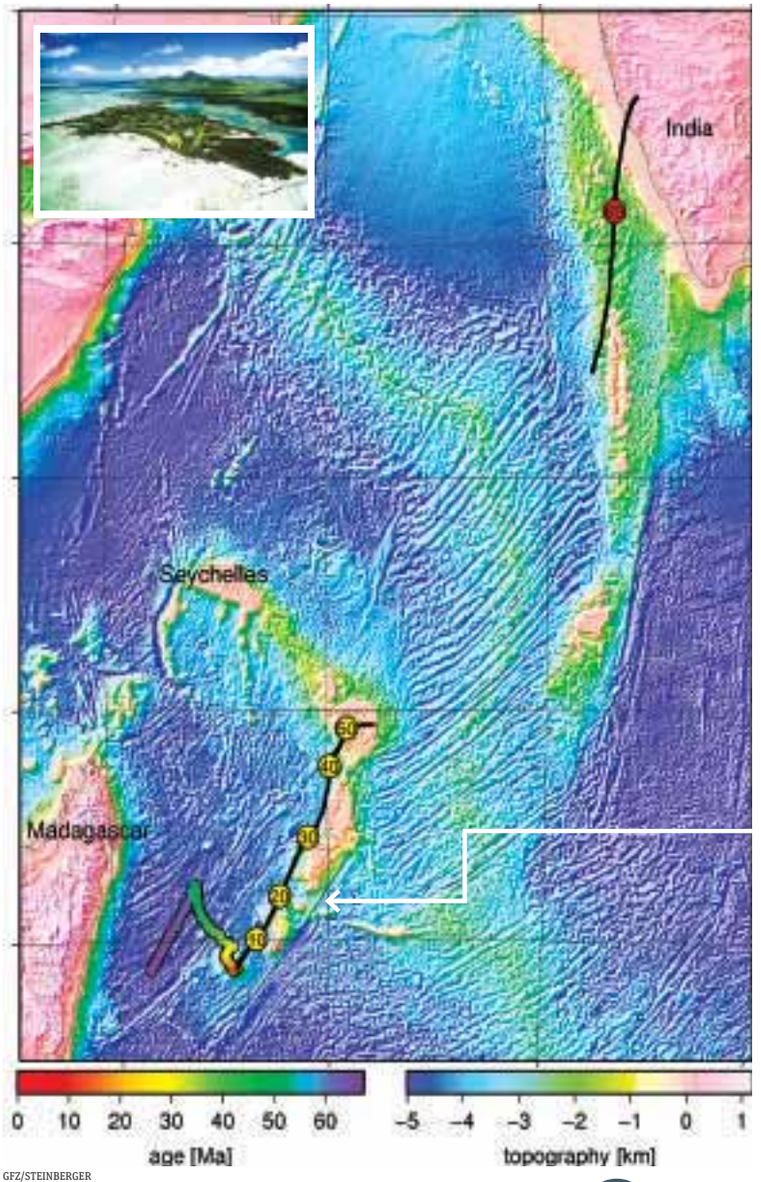
Paradise no longer lost



GFZ/STEINBERGER

New world discovered

Continent under Mauritius found

Atlantis may exist after all. Researchers claim they have found an ancient continent beneath the Indian Ocean. The micro-continent known as Mauritia detached about 60 million years ago while Madagascar and India drifted apart, before it was buried under huge amounts of lava, says a study in the latest issue of Nature Geoscience. METRO

Continental crust

Seychelles: Lost continent

Mauritia, located between India and Madagascar, probably existed after the single landmass called Rodinia began to break up to form our modern continents.

Researchers believe the Seychelles may be its surviving fragment. METRO

How they found it

Ancient mineral was crucial

Researchers gathered sand grains traced to a volcanic eruption from the beaches of Mauritius (inset).

The grains possessed a much older mineral, zircon, dated between 600 million and 1.97 billion years old. This led researchers to conclude that they were the remnants of ancient land that had been dragged up to the surface during the volcanic eruption. METRO

Metropolitan Panel

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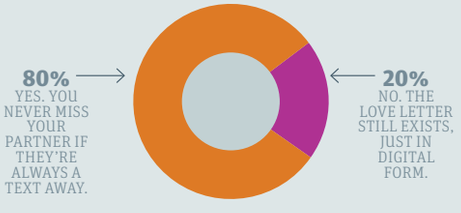
Is digital communication killing romance?



Twitter

@DarrenDreher1:
3 days left of February. Way to outlast winter everybody. Except the people that went on vacation. You guys are brutal. #truestory

@jennicageorge:
#yqr had terrible roads. Driving on Ring Rd feels like you're off roading

@Stasher15:
Facebook archive of inbox messages is cruel. Hilarious to look back at some of it. Other parts make me want to go back and kick my own a--.

@softhewoods:
The maintenance men saw me 94% naked because they don't know how to knock. Per sitcom law, the incident needs to be reciprocated, right?

@jewhittingham:
I've decided I'm never going to host the Oscars. Ron Jeremy was right to turn it down.

metro
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DVD review

Best of Warner Bros.

Argo's win for best picture at the Academy Awards last weekend must have seemed completely natural to Warner Bros.

The movie studio, incorporated by brothers Harry, Albert, Sam and Jack Warner on April 4, 1923, is the best picture champ amongst Hollywood corporate titans, with a total of 22 wins to date — Argo would make number 23.

Warner is celebrating its 90th anniversary, and its Oscar acumen, with two Best of Warner Bros. disc collections worthy of the hoopla: a 100-disc DVD set that includes all 22 best picture winners and a 50-disc Blu-ray set that skims most of the cream, including 16 of the top Oscar champs.

The DVD set list reads likes a history of the movies, from The Jazz Singer (1927) at the dawn of the sound era to Inception (2010) near the dusk of the analogue film age. Both sets come with two new and worthwhile documentaries: Tales From the Warner Bros. Lot and The Warner Bros. Lot Tour. And both sets also have a whopper of a price tag: $600 suggested retail, although smart shoppers will find discounts.

This collection is quite something, a movie fan's dream. But what is Warner Bros. going to do 10 years from now, for the 100th anniversary?

PETER HOWELL

Theo James plays Walter Clark Jr., a police commissioner whose rise to power is told through extended flashbacks in the CTV drama Golden Boy. HANDOUT

Portrait of the officer as a young man

Golden Boy. Ambitious new cop drama shows a fledgling detective's climb through the ranks

NED EHRBAR
Metro World News in Hollywood

The folks behind Golden Boy are hoping TV audiences are in the mood for some high-concept plotting with their cop procedurals.

It's an ambitious story, to be sure, framed by interviews from seven years in the future when Walter Clark Jr. (Theo James) has become the youngest police commissioner in New York City history, each episode in the first season then jumps back to his first year as a homicide detective with a gruff older partner (Chi McBride).

But just how plausible is it that a hotshot young detective could become police commissioner so quickly? "Well, you can be appointed," explains executive producer Nicholas Wootton. "You know, the police commissioner is an appointment. It's not an elected position, and it is not something you have to take a test for. That is how every police commissioner has been appointed. (Bernard) Kerik was appointed, for better or worse. Some people are more suited to the job, clearly, as we've seen in the last many years, and then others are presently in jail."

And just what kind of commissioner the main character on Golden Boy becomes is part of the fun of the show, Wootton explains. "You will see, as we continue forth in the series, that he is quite political," he says. "You see instances in the future where he is kind of devious. We see him learning the lessons that Chi's character teaches him. There's a way to be. And then we see him learn things that are completely politically vicious."

Wootton admits they've been very careful about depicting life in the not-too-distant future, finding a balance that hopefully feels believable.

Golden Boy airs on CTV, and premieres tonight.

That dude from Downton

Avid TV fans may recognize Golden Boy star Theo James from an early and pivotal episode of Downton Abbey in which he played dashing and doomed Turkish diplomat Kemal Pamuk, who famously died while in bed with Lady Mary (Michelle Dockery). The brief role has given James a level of notoriety he didn't quite see coming, he admits. "I mean, I'm on screen for about 20 minutes, and I still get people going, 'Mr. Pamuk!'"

Author gets crazy in the Sunshine State

Humorist Dave Barry has a wacky new novel called Insane City. GETTY IMAGES

Insane City. Dave Barry's new book is a screwball adventure

DOROTHY ROBINSON
Metro World News in New York

Dave Barry's special brand of book writing—outrageous plots, loony characters, susceptible quests, inept bad guys—is only plausible because of where the stories are set: Florida. The state is his comedy muse.

"Carl Hiaasen has the best quote about it: 'If you want to be a writer in South Florida, you don't need an imagination, you just need a subscription to the newspaper,'" says the author from his home in Coral Gables, Fla. "It is the weirdest place in the U.S."

Barry credits the state's diverse nature for its special brand of crazy.

"You have all of these cultures bumping up on one another; just this incredible variety. And a lot of them arrive here solely to drink or take drugs or party. And when all of these people come together, they create this permanent cloud of weirdness."

And things definitely get weird in his first solo adult novel in more than a decade, Insane City, out last month. The screwball adventure follows Seth Weinstein, a hapless groom who has to handle not only his fiancee's over-the-top wedding arrangements but a Haitian refugee, a stripper, an elite businessman, two dangerous bodyguards and one particularly randy orangutan, as well.

Barry says that he found a believable protagonist in Seth."Here is a guy who is stuck with a tough choice and he knows he has to make the right decision even though it might wreck his wedding," he says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Janet Jackson is a married woman?

THE WORD
Dorothy Robinson
scene@metronews.ca

If you've been wondering where Janet Jackson has been (besides being caught up in her crazy family drama), it turns out she's been off getting married. The 46-year-old singer secretly wed Qatari billionaire Wissam Al Mana, 37, last year. In a statement to Entertainment Tonight, the couple tried to set the record straight about rumours they were planning an over-the-top wedding in the near future. "The rumours regarding an extravagant wedding are simply not true. Last year we were married in a quiet, private and beautiful ceremony," the couple wrote, thus blowing everyone's minds. "Our wedding gifts to one another were contributions to our respective favourite children's charities. We would appreciate that our privacy is respected and that we are allowed this time for celebration and joy."

There's something about the phrase "Qatari billionaire" that has such a nice ring to it, right?

Justin Timberlake and Jay-Z ALL PHOTOS GETTY IMAGES

Kanye slams Jay-Z and Timberlake's tour plans

Jay-Z announced last week that he's embarking on a tour with Justin Timberlake to mark Suit & Tie, Timberlake's first new album in five years, but not everyone is happy about the news. Kanye West, who toured with Jay-Z last year following the release of their Watch the Throne album, sounded off about the new collaboration onstage in London this weekend.

"I got love for (Jay-Z), but I ain't f—ing with that Suit and Tie," West told the crowd, according to Billboard magazine, before launching into an extended rap about selling out.

I'ma let you finish, but...

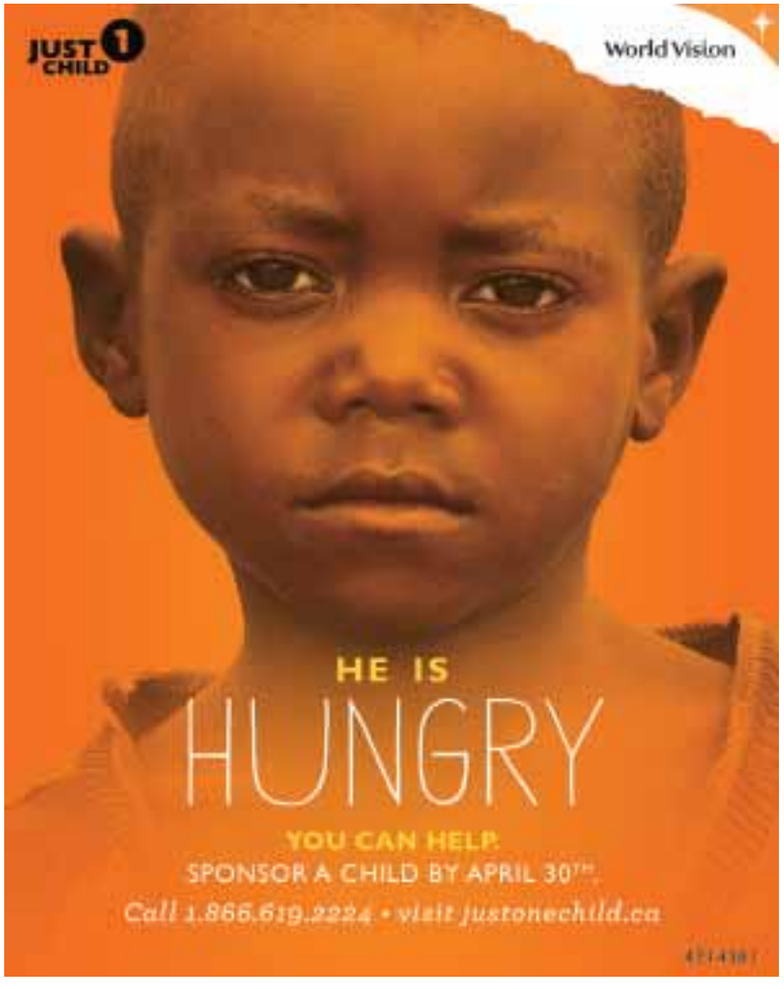
"I got love for (Jay-Z) but I ain't f—ing with that Suit and Tie."

Kanye West spoke out to London fans while onstage over the weekend

MC Hammer

'Chubby Elvis-looking dude' arrests MC Hammer

Rapper MC Hammer was arrested in Dublin, Calif., over the weekend for obstruction of justice and resisting a police officer, according to TMZ. But shortly after his release from jail, Hammer offered his own take on the events via Twitter, claiming he was the victim of racial profiling. "Chubby Elvis-looking dude was tapping on my car window. I rolled down the window and he said, 'Are you on parole or probation?'" wrote Hammer, who is also a preacher. "While I was handing him my ID, he reached in my car and tried to pull me out the car but forgot he was on a steady doughnut diet."



Ashton and Mila step up the loving

Ashton Kutcher and Mila Kunis

Mila Kunis has reportedly been shacking up with boyfriend Ashton Kutcher at his Hollywood Hills home while hers is being renovated, but she may make the living situation permanent, according to Us Weekly. "Ashton's male roommate is moving out to make room for her," a source says. "They really are perfect for each other. They were friends first, and then it switched to love. That's a great foundation for a relationship."

Martyn LeNoble and Christina Applegate

Wedding bells for Christina Applegate

Christina Applegate had more important things to celebrate this weekend than the Oscars. The actress, who recently bowed out of the sitcom Up All Night, married longtime fiancé Martyn LeNoble Saturday "surrounded by family in a private ceremony at their home in Los Angeles," according to People magazine. The couple has a two-year-old daughter, Sadie Grace LeNoble, and has been engaged since Valentine's Day 2010.

metro

RRSP GUIDE

Tuesday, February 26, 2013

Not all registered retirement savings plans are alike. Take some time to find out which account is best for you and your future savings. BANANASTOCK/THINKSTOCK

So many choices

Research. Not all RSPs are the same; which savings vehicle is the right one for you?

MICHELLE WILLIAMS
For Metro

How much do you really know about registered retirement savings plans?

Most of us are aware that it's an account that gives us some financial advantages at tax time. But if you think all RRSPs are alike, read on:

Individual RRSP

This is a common type of RRSP registered in the name of its contributor, available to Canadians with a reported earned income, purchased through banks and financial institutions. From there, you select how you would like to invest the money in your RRSP: GICs, stocks, bonds, mutual funds, etc. — options provided by the financial institution.

"You can contribute up to 18 per cent of your yearly income, to a maximum of $22,970 for the 2012 tax year, less applicable company sponsored pension contributions; you can also make a larger yearly contribution with any accrued unused amounts from previous years," explains Serena Cheng, director of wealth management and an investment adviser with Richardson GMP in Toronto. "The RRSP contribution amount is then deducted from your income, thus reducing the amount of tax you pay while providing you with tax deferred growth of those funds until your eventual withdrawal of those funds, typically during retirement."

Self-directed RRSP

"The difference here is simply this — you create and manage your own portfolio alone or with a financial adviser. You have a wider range of investment options as well as the ability to oversee your account," Cheng said. This is often an option selected by those who are knowledgeable about investments or have considerable RRSP savings and would like more diversification in their investment portfolio.

Spousal RRSP

This RRSP provides a way to help both members of a couple — typically, the spouse with a higher income makes the contribution, thus lowering his/her income and paying less tax. The other builds up his/her RRSP.

"Ultimately, the money withdrawn in retirement will benefit both partners, so this is a great strategy for couples to help balance their income, savings and taxes" Cheng said. "Also, as long as your spouse is 71 or younger, you can contribute to their spousal RSP and still claim the tax deduction."

There are several qualifiers — and legalities regarding how money gets divided in the event of a breakup — so it's important to know the rules before embarking on this type of savings strategy.

Group RRSP

Available only to those whose employers offer them, group RRSPs deduct contributions from paycheques and direct or provide options towards how funds for the group are invested.

"The big advantage here is that it is a way to automatically save — and save on taxes," Cheng said. "Contributions are taken from pre-tax pay, reducing your tax burden immediately. Plus, some employers even match or add to your investment."

The downside may include restrictions to the investment options and withdrawal of funds, Cheng added.

Can you mix it up and have more than one type of RRSP in your portfolio? "Absolutely," Cheng said. "Just keep track and make sure you don't contribute over your limit."

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How to save properly

MICHELLE WILLIAMS
For Metro

Didn't get around to saving for an RRSP contribution this year? You aren't alone.

Most people get so caught up in spending — and staying on top of the debt they create — they never seem to get around to saving for retirement.

Here are some tips from senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto to help you save for this coming year.

1 Make the contribution regularly. It's easier to keep up regular contributions so you don't scramble come the deadline — and your compound interest ends up being greater than if you wait until March 1.

"You're less likely to miss the money if you don't have it there. Have it come out of your account automatically and go into your RRSP each time you're paid."

2 Pay less tax on the way. For those who typically get a tax refund, another great way to save is to have less tax deducted from each paycheque. Simply complete the T1213 form on the Canada Revenue Agency website to reduce your taxes at source.

"By using this form, you'll save tax every paycheque versus getting it all at once in a tax refund in the end."

Following some simple tips can help make sure that you have enough savings for your future. ISTOCKPHOTO/THINKSTOCK

3 Invest your tax refund. "If you get a refund, remember it's not found money." Instead of going out and spending it, "put it in your RRSP to help you get another refund ... and repeat every year."

4 Save through your company. Find out if your employer offers a group RRSP for employees. Sign up and deductions come off your paycheque. "It's always better to have the money there sooner, collecting interest." You save even more because the contributions come off your income before taxes, so you reduce the amount of tax you pay at source. The added bonus is these contributions are sometimes topped up by employers.

Cashing in. Resist temptation

While it might never occur to many people to use their RRSP investment to make discretionary purchases, "it happens all the time," says senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto.

People cash in their RRSPs for all sorts of reasons, including credit card debt and luxury items like cars and vacations.

"Not a great strategy because most of us are only getting about 66 cents on the dollar, maybe less," Pereira said.

"Some people treat these investments like savings accounts. I've even known people to cash in RRSPs to buy a big-screen TV or pay for dog grooming."

Pereira believes that the most common reason for cashing in RRSPs is poor money management.

"It's often people who aren't financially organized, who are living beyond their means."

When you take money out of your RRSP, you are charged a withholding tax on the money, plus you have inflated your income, increasing your total income tax bill and potentially putting yourself into a higher tax bracket. That, plus the loss in deferred growth, means you are taking a huge financial hit in the longer term.

It's not a great strategy to cash in your RRSP to make purchases, such as a new car. ISTOCKPHOTO/THINKSTOCK

Does it ever make sense to cash your RRSP before retirement?

"You always have to look at each situation and determine the implications," Pereira said.

"I believe you have to look at this as a 'put money away for when you don't have an income' account rather than simply a retirement plan."

If you are out of work or if you go on maternity leave close to the beginning of the calendar year, then your tax penalty is minimal because your income is low, so withdrawing from your RRSP will help you through financially difficult times.

Government programs like the Home Buyer's Plan for first-time homebuyers and the Lifelong Learning Plan for people looking to retrain for new careers do allow Canadians to use their RRSP saving without tax penalty if the money is paid back to the account in the set period of time.

"Ultimately, when you withdraw from your RRSP, you inevitably lose the tax-sheltered compound growth for your retirement," Pereira said.

"But at end of day, you have to do what's in the best interest of your financial future." MICHELLE WILLIAMS

DR. SANJAY GUPTA

CNN's in-house neurosurgeon executive produces the new TV drama Monday Mornings. He wants everybody wearing a lab coat, as medicine prepares for the age of open source.

CREATOR OF MONDAY MORNINGS

Your show is set in doctors' private meetings. Will we be shocked?
It's very real and authentic. There has always been a depiction of doctors at one level and patients at another, but this is about when mistakes and complications happen. The perception is that the conversation ends with the relationship between patient and physician, but this about how we learn from it.

What will surprise us most?
That these meetings happen at all. I've been going to them for 20 years but very few people know they exist.

You moved from medicine into media and now entertainment — is this a passion to open up the profession?
The common denominator is still health. I'm a doctor first, but they are all educational tools. As a journalist I'm trying to educate people about health issues.

Journalism uses lots of open-source content now — can medicine do that?
It has to become more open sourced. We need to get past a few medical journals dictating standard practice. We're starting to see smaller clinics adding to the dialogue in ways we haven't seen before. But with medicine the stakes are high and you want people trained in the best existing knowledge. I don't know that "hobbyists" are the solution, but the knowledge base can grow more quickly. If someone has an idea — say for slowing memory loss, it could take years to be published in a medical journal and that is too long for people waiting now. On the "patients like me" website, patients themselves start the dialogue about problems that don't get much attention, and based on that clinical studies are starting.

Brain surgery should be left to experts, but how competent can an amateur get?
The technical aspects of these things are not the limitation. I teach people to operate all the time, I can turn you into a surgeon pretty quickly! Ninety per cent of training is focused on how to handle when things don't go as expected.

How can we pimp our brains?
People already do it. There's cognitive enhancement happening through medication; how to stimulate neurotransmitters or increase attention. It probably increases dedication to particular tasks. Memory is the most fertile area for study. One of my professors in his 80s is confident we will come up with medical memory enhancement in his lifetime, and I agree.

METRO WORLD NEWS

Best Health Minute

Yoga: the secret to eternal youth?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, freelancer Jennifer Goldberg looks into the surprising benefits of yoga. It turns out that new research is showing it can keep us feeling young and healthy for life.

Here are a few examples from the article.

It helps flexibility. Older women who practise yoga may experience improved range of motion when performing everyday tasks. That means they can maintain their independence longer, since flexibility makes it easier to do routine things such as cleaning, bathing and cooking.

It improves balance. The risk of falling increases as we age because of a reduced sense of balance as well as muscle and bone strength. About 20 per cent of injury-related deaths in seniors are linked to falls. Yoga improves your balance — making it less likely you'll fall. And if you have stronger core muscles, you're better able to right yourself if you trip or start to slip.

It helps your skin. Research suggests yoga could reduce the tissue inflammation that contributes to skin aging. When we're under stress, our bodies release cortisol, setting off a chain of events resulting in tissue inflammation. Learning to control your stress response through yoga postures and breathing methods could reduce the inflammation and keep your skin looking younger and healthier.

Yoga can keep you fit for life. ISTOCK

FOR MORE WAYS YOGA CAN KEEP YOU YOUNG, SEE THE MARCH/APRIL ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW.

Beef up cabbage rolls by skipping rice in favour of orzo

ROSE REISMAN
for more, visit
rosereisman.com

Nothing cooks up better than savoy cabbage, which has a distinctively loose, full head of crinkled leaves. It's mild in flavour and doesn't lose its colour or texture after being simmered. It's not always available, however, so you may have to make do with ordinary green cabbage.

1. Bring pot of water to boil and cook whole cabbage 25 mins.; drain. When cool enough to handle, separate leaves carefully. Set aside 8 leaves.

2. Cook orzo in pot of boiling water 10 mins., until pasta is tender but firm. Drain and rinse under cold running water. Drain again and set aside.

3. Spray non-stick frying pan with cooking oil. Add mushrooms, onion and garlic, and cook over medium-high heat 7 mins, or until slightly browned.

This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Transfer to bowl. Add orzo, ground beef, barbecue sauce, 1 tsp dried basil, egg, salt and pepper; mix well.

4. Place about 1/3 cup of beef-orzo mix in centre of cabbage leaf. Fold in sides and roll up. Repeat with remaining filling.

5. Combine tomatoes and juice, brown sugar, remaining 1 tsp dried basil, water and lemon juice in a food processor; purée. Add raisins and pour mix into large non-stick saucepan over medium-high heat. Bring to boil, then reduce heat to low.

6. Add cabbage rolls and cook, covered, 1 hour and 15 mins., turning rolls over at halfway point through cooking. Serve hot, garnished with the fresh basil. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1 head green Savoy cabbage, core removed
- 1/2 cup orzo
- 1 cup chopped mushrooms
- 1/3 cup chopped onion
- 1 tsp minced fresh garlic
- 8 oz lean ground beef
- 3 tbsp barbecue sauce
- 2 tsp dried basil
- 1 large egg
- Pinch salt and black pepper
- 1 can (28 oz) tomatoes, with juice
- 3 tbsp packed brown sugar
- 1/2 cup water
- 1 tbsp freshly squeezed lemon juice
- 1/3 cup raisins (any variety)
- 3 tbsp chopped fresh basil or parsley

Health Solutions

Comfort food without uncomfy pants

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is the end of February. Your resolution is long gone and you just want some comfort food — soft, starchy, warmness on a spoon that cradles your grey-day weariness.

What if you could have it both ways? Here are some foods that hit the gooey spot without contributing to the flabby spots.

1. Potatoes

Instead of peeling potatoes and boiling away all the flavour and nutrients, try baking russet potatoes whole and then scooping the pulp to mash. These are sweeter, maintain more nutrients and require much less butter and cream to make them creamy. Eat the skins too as crispy snacks instead of potato chips.

2. Wheat pasta or quinoa

Swap wheat pasta for quinoa pasta. It has more protein and a lower glycemic response (many varieties are even gluten free). A teaspoon of olive oil and a tablespoon of grated Parmesan cheese is really all you need to trick yourself into believing it is mama's mac and cheese.

3. Barley

Try barley risotto instead of white rice with cream. Pot barley cooked in boiling water becomes creamy all by itself but it has much more fibre and B vitamins to support your stressed brain. Stir in some Parmesan cheese after cooking and dig in.

Comfort need not be an either/or proposition. With a little creativity, you can have both.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Tongue-tingling Sichuan Beef

You can call it a peppercorn all you like, but the peppery ingredient that puts the buzz in Sichuan-style cooking isn't one.

Though it resembles and is used similar to black peppercorns, Sichuan pepper isn't a peppercorn at all. Rather, it is the dried rind of the berry-like fruit of the prickly ash tree. And you don't need to be a heat fiend to love it. Because while it does have a peppery bite, its real power is in the tingling feeling it leaves on your tongue.

In Chinese cooking, the Sichuan pepper often is used with meats and is a basic component of five-spice powder. In this beef recipe, combine the Sichuan pepper with spicy chili garlic paste for a dish that will jump-start your mouth.

1. Place flank steak slices in zip-close plastic bag. Add chili garlic paste, ginger and Sichuan pepper. Seal bag, then massage seasonings into meat. Refrigerate and allow to marinate 2 hours, and up to overnight.

2. When ready to cook, in wok over high, heat oil until it shimmers. Add beef and sauté for 8 mins., or until the beef is browned and starting to dry. Add soy sauce, mirin, celery, carrots and scallions. Cook 4 mins, or until vegetables are crisp tender. Serve over noodles or rice. THE ASSOCIATED PRESS

Ingredients

- 1 lb flank steak, thinly sliced across the grain
- 3 tbsp chili garlic paste
- 1 tbsp grated fresh ginger
- 1 tsp Sichuan pepper, crushed
- 1/4 cup vegetable oil
- 1 tbsp soy sauce
- 2 tbsp mirin or rice wine
- 3 stalks celery, thinly sliced on the diagonal
- 2 carrots, thinly sliced on the diagonal
- 3 scallions, cut into 1/2 inch pieces
- Rice or noodles, to serve

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

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So you're two months into your new year's resolutions. Still on track? GETTY IMAGES/ISTOCKPHOTO

The 2 month mark: your resolution quiz

Goals working out? Justin Gelband, personal trainer to model Miranda Kerr, helps you figure out if you're reaching your personal potential in 2013

ROMINA McGUINNESS
romina.mcguinness@metro.lu

1. Over the last couple months, your workout routine consisted of:
A Daily 10-minute walks. First you would take the dog out to pee and then you would stock up on booze.
B A five-km jog in the park every Sunday morning and daily snowball fights.
C Daily, hour-long cardio or circuit training sessions. You set up a small circuit in your garden using ropes and metal bars so you could do push-ups, lunges, sprints and pull-ups.

2. Last month, you gained an average of:
A Five kilos. You blame the stuffing in the turkey and the butter in the mashed potatoes.
B Two kilos. Your family bans anyone from using the word diet at the dinner table and anyone who does has to eat an extra slice of cake.
C Zero kilos. You allowed yourself one mince pie and a few glasses of champagne.

3. On average, how many calories do you consume in one day?
A 3,000 calories. It's cold out. Your body uses the food as fuel. Do the two cans of coke and morning venti hot chocolates count?
B You don't believe in calorie counting. You know very well when you've had enough to eat.
C 2,000 calories. You tend to eat things like broccoli, brown rice, yogurt, apples and almonds — and weigh each portion.

4. Your fitness routine is:
A Pretty much non-existent.
B Regular-ish. You try and go to the gym a couple of times a week but if you're too tired or hung-over you tend to pick the couch over the rowing machine.
C Set in stone. You let nothing interfere with your workout schedule.

5. You feel like you've had a good workout if you:
A Do 20 star jumps to stay warm and kill time as you wait for the bus.
B Manage to not walk out of that 45-minute body pump class.
C Do a full hour of cardio (running or swimming) followed by 30 minutes of stretching (yoga or Pilates).

6. You're out of breath after you've:
A Walked up the 10 steps to your front door (they're super steep!).
B Do a 100-m sprint.
C Run for 10 km.

7. You have an hour to kill, do you:
A Make a massive bowl of popcorn drenched in sugar and butter and catch up on TV
B Go to the gym but then realize you don't actually have enough time to do a proper workout, so you just go in the sauna for 15 minutes.
C Call up a friend and go play a game of tennis. If no one is around, you go for a 10 k bike ride.

8. Exercise makes you feel:
A Bored, tired and achy.
B Alert and happy, but in a lot of pain.
C Energetic, purposeful and alive.

Scoring key

Give yourself 1 point for every A, 2 points for every B, 3 points for every C

8 points: You definitely need to make some resolutions in 2013. Whoa, what you need is a new life resolution. Your health isn't a priority, but just the fact you've done this quiz shows a willingness to start anew. Gelband believes that fitness is about cardio—nothing else: "It sets the platform for what your body can really take, it's the only way you will build a body that is strong enough to get something done," he explains.

9-16 points: You need to re-evaluate past resolutions. Your approach to wellbeing is more "carpe diem" than cardio. "If you want to assess how fit you are you need to think, 'How much did I eat and how much exercise did I do over the last three weeks?' Getting back into a routine after an extended break is always a struggle, so the best is to start with what's easy and effective and once again, that's cardio," says Gelband.

17-24 points: What you're doing is great, but you need to mix things up a bit! "Don't always do the same thing, our bodies need variation. Try something that goes against the grain such as kick-boxing and dance cardio or pick an activity you haven't done in a while. It's healthy to challenge your body, it stops you from getting too rusty," says Gelband.

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How expensive is your lineage?

Saving for retirement. Think you might live to see 100? That's going to cost you

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Saving for retirement is truly more expensive than in previous decades. ISTOCK IMAGES

While working on my column last week, I started fiddling around with the retirement savings calculator on getsmarteraboutmoney.ca. One of the inputs required to generate a personalized RRSP savings scenario is the number of years a person plans to be retired for.

Though random things like accidents or disease can shorten life, lineage is a good predictor of how long you'll live. (It's also incredibly important to understand when trying to mitigate genetic health concerns).

For example, in my family this year, on my mother's side, my grandmother will turn 91 years old, my great aunt will turn 96 and great uncle will turn 97. On my father's side, my grandmother and grandfather will turn 91 and 90 years old. Barring an unforeseen circumstance, I expect to live long.

On one hand, living a long and full life is a gift. But, the financial implications of a long life are enormous; significantly more savings are required to support a more expensive retirement.

If the life expectancy of your ancestors has been shorter, don't underestimate the impact that medical advances will have on increasing your life expectancy.

When in doubt, turn to statistics to help you plan. Many experts believe that today's 20 to 30 something crowd will now live to more than 100 years old. Whereas according to Statistics Canada, Canadians currently live to 82 years.

This means that younger people today need to save more than previous generations to support a comfortable retirement. Yes — it truly is more expensive to live in this day and age than decades before us.

So, you might want to downsize that $5 Vente Vanilla Frappuccino to a $2 tea, and put that $3 savings into your RRSP.

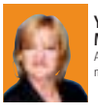
If you're unfamiliar with your lineage, check out ancestry.ca to track down your biological family members.

This Friday is the 2012 RRSP deadline to have your contributions count toward the 2012 tax year. As you sit down with your financial advisor, talk about your RRSP, discuss your lineage and the implications it will have on your retirement savings program.

Follow Lesley on Twitter @LesleyScorgie

Think it doesn't matter if you contribute last minute? You're wrong! ISTOCK IMAGES

There are costs for that RRSP procrastination



YOUR MONEY
Alison Griffiths
money@metronews.ca

Hear that? It's the sound of 3.5 million people scrambling to make their RRSP contribution. According to a new TD poll nearly 60 per cent of Canadians procrastinate with that all-important deposit.

You might think it doesn't matter if you contribute at the 11th hour. You'd be wrong! There are three reasons why last minute contributions equal bad planning.

1. Lower returns

Monthly contributions start working when they are deposited. Whether you are investing in the stock market or GICs, money can't produce a return unless it is invested.

Take a 35-year-old starting an RRSP account and investing $200 for 25 years. At a six per cent average annual rate of return over that time, the account would be worth nearly $139,000 on retirement at 60.

But a last minute lump sum of the same amount invested annually would only grow to about $131,700. Run your own numbers at getsmarteraboutmoney.ca and go to RRSP Savings Calculator.

This calculation is based on annual compounded growth, but the difference is even greater if returns are compounded monthly or quarterly.

2. Higher risk

Monthly investing smooths out risk. You buy low when the market is down, high when it is up and over all this allows you to hit those average returns we all read about.

Last minute lump sum investing increases the danger that you will be buying in at peak times. You might argue that the same is true when the market is down. However, investor behaviour tells us that people are more likely to avoid investing their savings when the market takes a powder.

Witness the record amount of money that sat on the sidelines after the 2008/2009 crash — which was the very best time to invest.

Then as the market rises, investors worry about missing out on the action and jump back in, often buying at a high point. Witness the near record in-flows of money into stocks and equity mutual funds over the past few months as markets hit post-2008 highs.

3. Pressure

Contributors often feel pressure to invest their money quickly if it is an annual event. By investing regularly there is time throughout the year to consider investment options and evaluate advice.

Set up a regular monthly contribution and breathe easier next RRSP season.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

By province

The most RRSP procrastinators are in Alberta (64 per cent), the least in Atlantic Canada and the Prairies (48 per cent).

NHL

Redmonds thank quick-acting Jets trainers, players

Winnipeg Jets defenceman Zach Redmond is in good spirits at a Raleigh, N.C., hospital after suffering a gash to his right femoral artery and vein at practice Thursday. His family issued a statement Monday thanking the Jets training staff and players for their quick action. THE CANADIAN PRESS

Zach Redmond GETTY IMAGES FILE

Murder case

Pistorius wants to train while on bail: S.A. official

Oscar Pistorius informed South African authorities Monday that he wants to resume athletic training while on bail for the murder case against him, a government official said.

A spokeswoman for the Olympic runner, however, denied he was making immediate plans to return to the track while awaiting trial for the Feb. 14 shooting death of his girlfriend, Reeva Steenkamp.

"Absolutely not," said spokeswoman Janine Hills. "He is currently in mourning and his focus is not on his sports."

The double-amputee Paralympian discussed bail terms with his probation officer and a correctional official at the Pretoria Magistrate's Court in the capital, according to correctional officials. THE ASSOCIATED PRESS

Boston Red Sox manager John Farrell, centre, watches from the dugout as the Red Sox get ready to take on the Toronto Blue Jays in MLB Grapefruit League baseball action on Monday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

Farrell gets taste of what awaits in April

MLB. Blue Jays fans in Dunedin, Fla., greet former manager with boos as he leads Red Sox in spring training

The past and present managers of the Toronto Blue Jays crossed paths Monday.

John Farrell, who left Toronto to take over in Boston, brought a Red Sox split-squad to Florida Auto Exchange Stadium for a spring training game. He will face louder music, no doubt, when Boston visits Toronto in early April in its second series of the regular season.

Jays fans will likely have something to say about Farrell's decision to jump ship, especially to an American League East rival. Those in Dunedin gave him a taste of what to expect with a hearty chorus of boos during introductions Monday.

"I appreciate that people might have differing opinions," Farrell told reporters earlier. "All I can do is go about my work, day in and day out. People are going to form their own impressions, so I certainly can't control that.

"April will get here when it does.... I fully respect that team. They've got a darn good team. And looking forward to competing against them."

Boston won 4-2 on the day, with Toronto manager John Gibbons and Farrell never actually making contact.

"I don't know John real well," said Gibbons. "I met him a couple of years ago. I came to town with Kansas City."

Gibbons did reminisce with old friend Brian Butterfield, who left Toronto in the off-season after 11 years to become Boston's third-base coach.

Farrell, who spent four years as Boston's pitching coach prior to joining the Jays, told Toronto GM Alex Anthopoulos that the Red Sox managerial opening was his dream job. Toronto eventually traded Farrell to Boston last October to fulfil his wish.

Farrell seemed less than interested Monday in looking back, although he called his time in Toronto "two great years." And he stressed that he was as engaged in Toronto last season as he is with Boston this year. THE CANADIAN PRESS

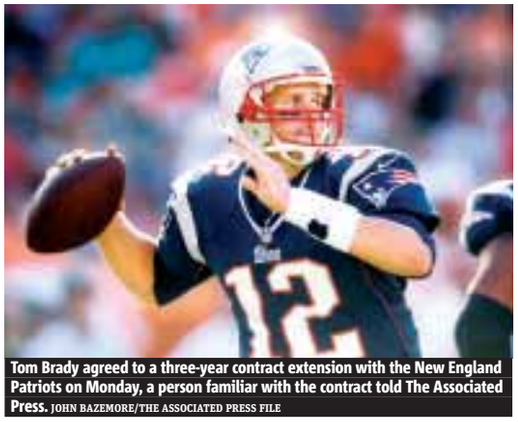
Rare knuckleball duel

The knuckleball fraternity was in full force for Monday's game between the Toronto Blue Jays and Boston Red Sox.

- NL Cy Young Award winner R.A. Dickey gave up two runs and four hits in his Toronto spring training debut while fellow knuckleballer Steven Wright pitched two scoreless innings for the Boston split-squad in a 4-2 win over Toronto.

THE ASSOCIATED PRESS

QB Brady signs extension with Patriots: Source



Tom Brady agreed to a three-year contract extension with the New England Patriots on Monday, a person familiar with the contract told The Associated Press. JOHN BAZEMORE/THE ASSOCIATED PRESS FILE

Tom Brady will be a Patriot until he is 40 years old.

Brady agreed to a three-year contract extension with New England on Monday, a person familiar with the contract told The Associated Press. The extension is worth about $27 million US and will free up nearly $15 million in salary-cap room for the team, which has several younger players it needs to re-sign or negotiate new deals with.

The person spoke on condition of anonymity because the extension has not been announced.

Sports Illustrated first reported the extension.

The 35-year-old two-time league MVP was signed through 2014, and has said he wants to play at least five more years.

Brady has made it clear he wants to finish his career with the Patriots, whom he led to Super Bowl wins for the 2001, 2003 and 2004 seasons, and losses in the big game after the 2007 and 2011 seasons. By taking less money in the extension and redoing his current contract, he's hopeful New England can surround him with the parts to win more titles.

Among the Patriots' free agents are top receiver Wes Welker and his backup, Julian Edelman; right tackle Sebastian Vollmer; cornerback Aqib Talib; and running back Danny Woodhead. THE ASSOCIATED PRESS

Below market value

A three-time Super Bowl champion, Tom Brady will make far less in the three seasons of the contract extension than the going rate for star quarterbacks.

- Drew Brees and Peyton Manning are the NFL's highest-paid quarterbacks, at an average of $20 million and $18 million a year, respectively.

4 SPORTS

February always fruitful for Heat

NBA. In past three seasons, Miami has combined record of 31-6 in 2nd month of year

LeBron James might be a few weeks ahead of the actual calendar, but he offered one reason why the Miami Heat tend to enjoy February surges.

"Springtime, in our league, is the best time," James said.

At least, that seems to be the case for James and the Heat.

With one game left on their schedule before March arrives, the Heat are an NBA-best 11-1 during the second month of 2013. And that extends a trend that started when James, Dwyane Wade and Chris Bosh became teammates nearly three years ago — they were 9-3 in February 2011, 11-2 in February 2012 and are 11-1 this month going into a home game Tuesday with Sacramento.

After the month started with a 102-89 loss at Indiana, Heat coach Erik Spoelstra said "We have to get better." His team has ripped off 11 straight wins since.

Heat forward LeBron James dunks on Cleveland's Tyler Zeller in Miami on Sunday. THE ASSOCIATED PRESS

"You've got to play your best basketball at this time of year, February and March and obviously in April going into the stretch," Wade said. "We would love to play amazing all year, but in the beginning of the season you've got to figure things out."

Combined over their past three Februarys, the Heat are 31-6, the NBA's best record in that span.

There's no magic formula for it, Spoelstra said.

"There's simply more effort, more focus, more commitment," Spoelstra said.

Then again, there are two statistical reasons why as well — namely James having perhaps the best month of his career, and Wade feeling as good as he has all season.

Assuming James does not shoot 0-for-15 against the Kings, he will finish a full month with a shooting percentage of better than 60 per cent for the first time in his career.

He often says that he brings the same focus into every game, but clearly, the reigning MVP has raised his game of late.

"I do try to approach the game the same way each and every game, don't try to get too high or too low," James said. "I approach it with intensity and focus, but I understand certain games are different and certain times of the year are different, too." THE ASSOCIATED PRESS

CFL

Kuale leaves T.O. for Montreal

The Montreal Alouettes signed veteran CFL linebacker Ejiro Kuale to a three-year contract Monday.

The Alouettes also signed defensive back Kendric Burney to a two-year deal.

The six-foot-two, 240-pound Kuale spent the last three seasons with the Toronto Argonauts, helping the club capture the 2012 Grey Cup. Kuale, 29, began his CFL career with the Calgary Stampeders in 2009 after spending time in the NFL with the New Orleans Saints and Kansas City Chiefs.

The five-foot-nine, 190-pound Burney spent time on the St. Louis Rams' practice roster last season. THE CANADIAN PRESS

Ejiro Kuale TORONTO ARGONAUTS

Te'o underwhelms at combine

Linebacker Manti Te'o runs a drill during the NFL scouting combine on Monday in Indianapolis. The Notre Dame star and Heisman Trophy runner-up was clocked at 4.82 seconds in the 40-yard dash. NFL Network draft analyst Mike Mayock had said anything below 4.7 would be "phenomenal." Anything 4.8 or over would be a "concern." DAVE MARTIN/THE ASSOCIATED PRESS

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	40	14	.741	–
Indiana	35	21	.625	6
New York	33	20	.623	6 1/2
Brooklyn	33	24	.579	8 1/2
Atlanta	31	23	.574	9
Chicago	32	24	.571	9
Boston	29	27	.518	12
Milwaukee	26	28	.481	14
Toronto	23	33	.411	18
Philadelphia	22	32	.407	18
Detroit	22	36	.379	20
Cleveland	18	38	.321	23
Washington	17	37	.315	23
Orlando	15	41	.268	26
Charlotte	13	43	.232	28

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	13	.776	–
Oklahoma City	41	15	.732	3
L.A. Clippers	40	18	.690	5
Memphis	37	18	.673	6 1/2
Denver	35	22	.614	9 1/2
Golden State	33	23	.589	11
Utah	31	25	.554	13
Houston	31	27	.534	14
L.A. Lakers	28	29	.491	16 1/2
Portland	26	30	.464	18
Dallas	25	30	.455	18 1/2
Minnesota	20	33	.377	22 1/2
New Orleans	20	37	.351	24 1/2
Sacramento	19	38	.333	25 1/2
Phoenix	18	39	.316	26 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results
Washington at **Toronto**
Atlanta at Detroit
Boston at Utah
L.A. Lakers at Denver

Sunday's results
L.A. Lakers 103 Dallas 99
Golden State 100 Minnesota 99
Miami 109 Cleveland 105
New Orleans 110 Sacramento 95
Memphis 76 Brooklyn 72
New York 99 Philadelphia 93
San Antonio 97 Phoenix 87
Portland 92 Boston 86
Oklahoma City 102 Chicago 72

Tuesday's games — All Times Eastern
Golden State at Indiana, 7 p.m.
Orlando at Philadelphia, 7 p.m.
Sacramento at Miami, 7:30 p.m.
Brooklyn at New Orleans, 8 p.m.
Cleveland at Chicago, 8 p.m.
Milwaukee at Dallas, 8:30 p.m.
Minnesota at Phoenix, 9 p.m.
Charlotte at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	19	13	6	0	65	48	26
New Jersey	19	10	5	4	48	49	24
Philadelphia	20	9	10	1	58	62	19
NY Rangers	17	8	7	2	41	44	18
NY Islanders	19	8	10	1	56	64	17

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	18	12	4	2	52	39	26
Boston	15	11	2	2	45	34	24
Ottawa	19	11	6	2	46	36	24
Toronto	19	11	8	0	53	44	22
Buffalo	19	6	12	1	48	63	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	17	9	7	1	50	51	19
Tampa Bay	18	9	8	1	69	58	19
Winnipeg	18	8	9	1	48	57	17
Florida	18	5	9	4	42	65	14
Washington	17	6	10	1	48	55	13

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	18	15	0	3	58	35	33
St. Louis	18	10	6	2	55	52	22
Detroit	19	9	7	3	57	54	21
Nashville	18	8	6	5	39	43	21
Columbus	19	5	12	2	40	56	12

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	18	10	4	4	52	48	24
Minnesota	17	8	7	2	37	42	18
Calgary	17	7	7	3	48	59	17
Edmonton	17	7	7	3	40	46	17
Colorado	17	7	8	2	42	51	16

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	13	2	1	57	42	27
San Jose	17	8	6	3	41	39	19
Dallas	18	9	8	1	47	48	19
Phoenix	18	8	7	3	50	49	19
Los Angeles	16	8	6	2	40	39	18

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results
Toronto at Philadelphia
Montreal at Ottawa
Dallas at Nashville
Edmonton at Chicago
Anaheim at Los Angeles

Sunday's results
Boston 4 Florida 1
Winnipeg 4 New Jersey 2
Detroit 8 Vancouver 3
Carolina 4 NY Islanders 2
Chicago 1 Columbus 0
Pittsburgh 5 Tampa Bay 3
Calgary 5 Phoenix 4
Anaheim 4 Colorado 3 (OT)

Tuesday's games — All Times Eastern
Winnipeg at NY Rangers, 7 p.m.
Dallas at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Boston at NY Islanders, 7:30 p.m.
Buffalo at Tampa Bay, 7:30 p.m.
Pittsburgh at Florida, 7:30 p.m.
Calgary at Minnesota, 8 p.m.
Phoenix at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.

Wednesday's games
Washington at Philadelphia, 7:30 p.m.
Montreal at Toronto, 7:30 p.m.
Detroit at Los Angeles, 10 p.m.
Nashville at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pt
Stamkos, TBL	13	16	29
Crosby, Phg	9	19	28
Tavares, NYI	13	12	25
Vanek, Buf	12	13	25
Zetterberg, Det	6	19	25
St. Louis, TBL	4	20	24
Moulson, NYI	10	13	23
Kane, Chi	9	14	23
Datsyuk, Det	8	14	22
Voracek, Phi	7	15	22
Elias, NJ	5	17	22
Kunitz, Phg	7	14	21
Ribeiro, Wash	6	15	21
Staal, Car	9	10	19
Sedin, Van	7	12	19
Neal, Phg	12	6	18
Marleau, SJ	12	6	18
Giroux, Phi	6	12	18
Purcell, TBL	4	14	18
Thornton, SJ	4	14	18
Clarkson, NJ	10	7	17
Ladd, Win	10	7	17
Conacher, TBL	7	10	17
Kovalchuk, NJ	7	10	17
Duchene, Col	6	11	17
Schenn, Phi	6	11	17
Getzlaf, Ana	6	11	17
Lecavalier, TBL	6	11	17
Gagner, Edm	5	12	17
Sedin, Van	2	15	17

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If you have the slightest doubts about a person's honesty then don't take any risks. With retrograde Mercury impacting your ruler Mars today there are sound astrological reasons you cannot afford to be reckless.

♉ Taurus
April 21 - May 21
Stick to methods and routines you are familiar with and make sure you focus on one thing at a time. Let other people worry about the bigger picture: Your talent is making sense of all the little details.

♊ Gemini
May 22 - June 21
If you believe you are destined for bigger and better things then now is the time to get serious about making a name for yourself. Firstly, clarify your aims: The simpler your objectives, the easier they will be to reach.

♋ Cancer
June 22 - July 23
If you still can't get someone to tell you what you want to know then why not adopt a more agreeable manner and hope they open up later on? Chances are you have been a bit too forceful for your own good.

♌ Leo
July 24 - Aug. 23
Someone may be looking for a fight but if you are smart you will stay out of their way. Most likely they are all talk and no action but, who knows, maybe they really do want a showdown.

♍ Virgo
Aug. 24 - Sept. 23
You won't be very communicative today. It seems you have important things on your mind — things you need to consider carefully before reaching a decision. If others want to talk, let them talk among themselves.

♎ Libra
Sept. 24 - Oct. 23
You appear to have lost enthusiasm for something you once had high hopes for. That's OK. People change as time goes on and there is no need to feel guilty about it. You don't have to finish every job you start.

♏ Scorpio
Oct. 24 - Nov. 22
It may annoy you that you are being held back from something but there is a good cosmic reason for it. Mercury retrograde means a number of things won't make much sense, at least not until later.

♐ Sagittarius
Nov. 23 - Dec. 21
Take it easy today. If you charge into situations blindly, you are likely to mess things up — and maybe make a few enemies in the process. A more laid back approach now will pay dividends throughout the week.

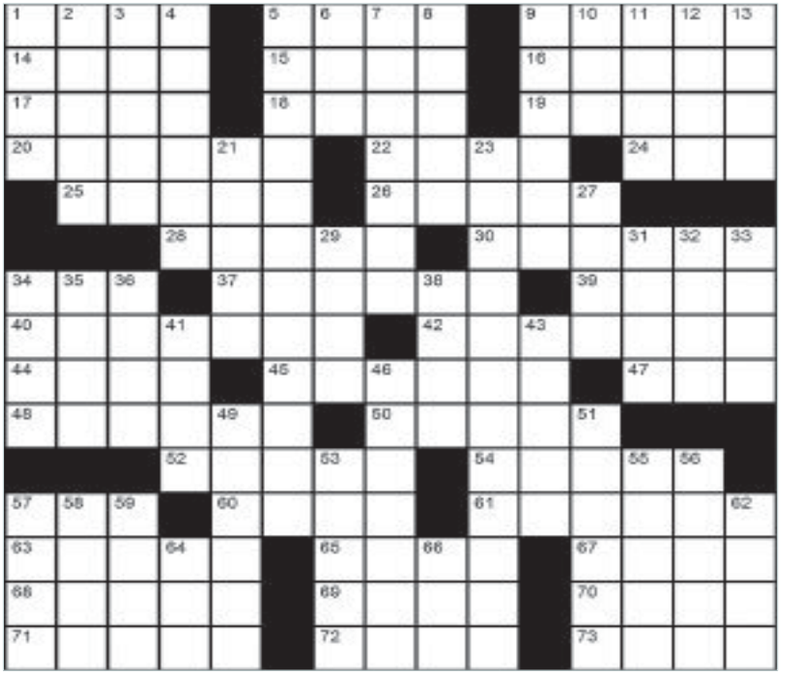
♑ Capricorn
Dec. 22 - Jan. 20
Don't give in to pressure and don't let anyone divert you away from the goal you have set yourself. Your birth sign is noted for its focus and commitment, so head in a straight line for your target.

♒ Aquarius
Jan. 21 - Feb. 19
You may have the kind of idea today that you think will solve all your problems, but is it really so great? The planets warn you could be deceiving yourself, so get a second opinion from someone you trust.

♓ Pisces
Feb. 20 - March 20
Why are you worrying so much about the future when the only thing that matters is today? Put plans for tomorrow and next week and next year out of your head and ask yourself "What can I do now?" SALLY BROMPTON

Crossword: Canada Across and Down

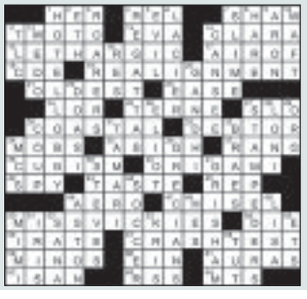
BY KELLY ANN BUCHANAN



Across
1. Singer Ms. Jordan
5. "Rio __" (1970) starring John Wayne
9. John of "SCTV"
14. ___ bit of light in (Tilt the blinds)
15. Hamilton football venue until recently, __ Wynne Stadium
16. Keep _ __ head (Remain calm)
17. __ __ now (Up to this point)
18. Playthings
19. Dish out
20. Be the final player up: 2 wds.
22. "__ la vie!"
24. US political designation
25. Danger
26. The Hunter constellation
28. Stagnant
30. Aspirations
34. Mudbath locale
37. Mr. Kutcher
39. Hockey movie, "__ Shot" (1977)
40. metronews.ca, for one
42. Use a ruler
44. Botanical 'coat'
45. Prince William's brother, and others
47. Huffy
48. Richard Gere flick, "American __" (1980)
50. "American Idol" Season 5 winner, Taylor __
52. Hockey great Mr. Hull
54. Practice eco-friendliness
57. Band-Aid, et al.
60. Comic Mr. Macdonald
61. Proprietors
63. B-day web greeting
65. Feels yucky
67. Montreal-born singer Vannelli
68. "Party Rock Anthem" duo
69. Door handle
70. "From here ___...": 2 wds.
71. Ambulance signal
72. Like omelets
73. "Disco Duck" singer Rick

Down
1. Smelting waste
2. Ancient teller of fables
3. Swiped
4. "Surfin' __" by The Beach Boys
5. '80s TV series starring a dog, "The __ __"
6. Ab __ (From the beginning, in Latin)
7. Type of protest
8. Canadian figure skating great Brian
9. Beaver: French
10. Hotshot
11. North: French
12. Peace bird
13. Cosmology's original matter
21. Mount of the Bible
23. Hockey star from Nova Scotia: 2 wds.
27. Scotland's Loch __ Monster
29. "Cheers" star Ms. Perlman
31. Reunion attendee
32. Actress, Rooney __
33. Accelerated
34. Celebrity 'gifting suites' items, __ bags
35. Ms. Gilpin of "Frasier"
36. '80s hit: "In _ ___ Country"
38. Actor Mr. Katz
41. Untidy type
43. Lopsided
46. Rapper's skill
49. Ontario city
51. Ra, in ancient Egypt: 2 wds.
53. Car stopper
55. River of Paris
56. "Sesame Street" character
57. Phone nos.
58. Caesar's 1901
59. Johannesburg, _. __.
62. Family members
64. Actress, __ Dawn Chong
66. Captain's record

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

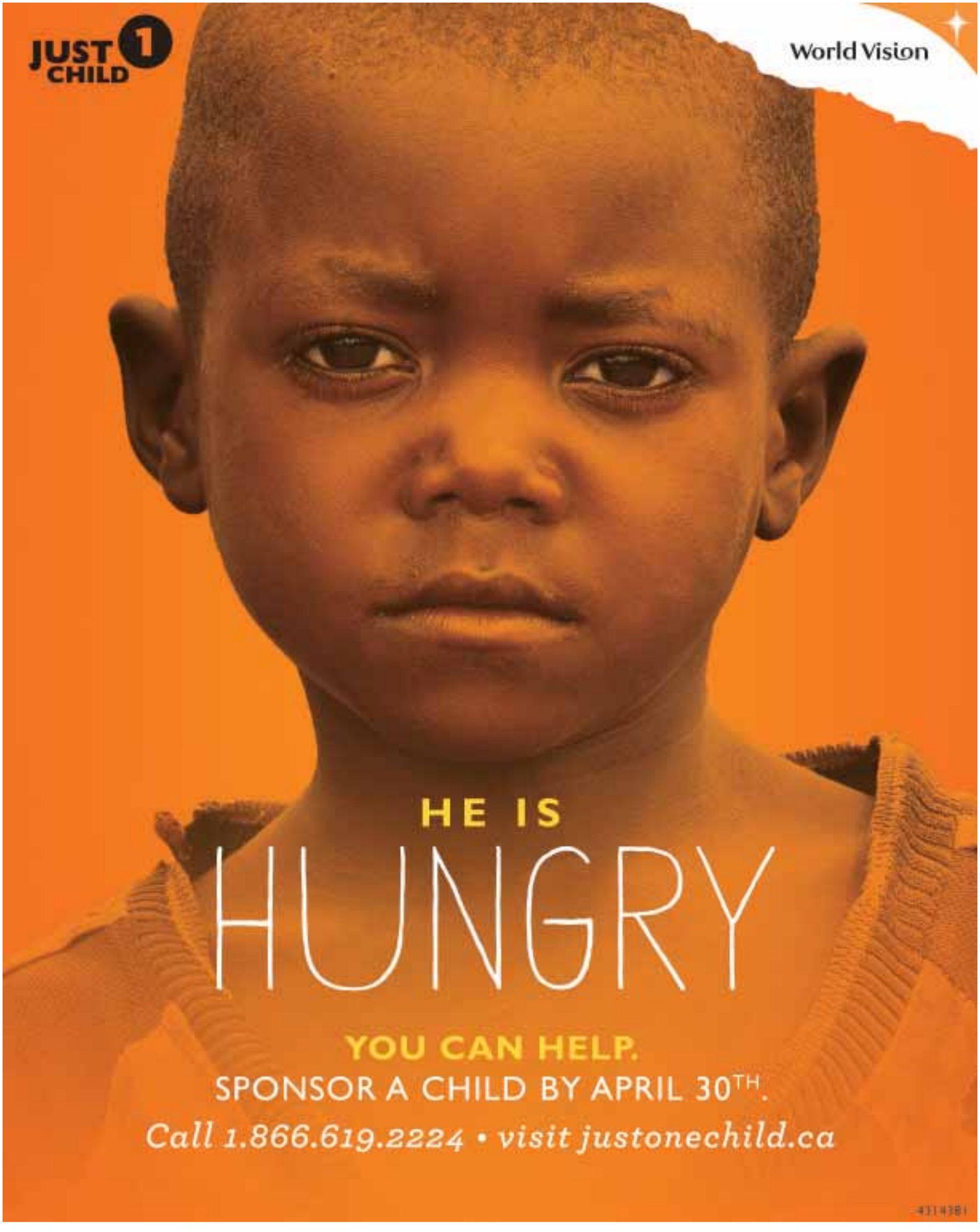
	5		8		1		3	
6								7
		7		6		8		
	2	6		1		3	8	
	1			4			9	
	4	9		3		5	6	
		8		5		2		
9								6
	7		6		3		4	

Yesterday's Sudoku

6	3	8	7	1	2	5	9	4
9	1	7	6	4	5	3	2	8
2	5	4	3	9	8	7	1	6
7	9	1	4	5	3	6	8	2
4	8	6	2	7	9	1	5	3
5	2	3	8	6	1	4	7	9
1	4	5	9	2	6	8	3	7
3	7	2	1	8	4	9	6	5
8	6	9	5	3	7	2	4	1

Sharability

easy — hard


JUST 1 CHILD
World Vision
HE IS
HUNGRY
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